

Syllabus for  
**HPE 046—Equestrian and Fitness**  
1 Credit Hour  
Spring 2022

I. COURSE DESCRIPTION

Equestrian is offered to the student who has had little or no experience in equestrian science. The course places a major emphasis on the learning of the skills, terminology, and basic fundamentals necessary for participation in English and Western-style horseback riding. Teaching techniques consists of discussions, demonstration, and student participation.

Prerequisites: GEN 150, HPE 155 or Grad Health Fitness 503/703. Passed Swim Proficiency test. A student's weight is limited to under 250 lbs due to horses' size and insurance on horses.

Lab fee: \$250.00 for 10 lessons. This is a separate fee paid to the stable.

II. STUDENT LEARNING OUTCOMES FOR THIS COURSE

As a result of successfully completing this course, the student will be able to do the following:

- A. Describe the type of seat riding used in this course.
- B. Describe the basic position of the hands, legs, and seat in Huntseat and basic western equitation.
- C. Describe how the rider changes position at different gaits.
- D. Explain the five aids the rider has to use on a horse (hands, legs, seat, etc.).
- E. Explain the rein aids the rider has to use on a horse (indirect, direct, pulley, etc.).
- F. Define walk, trot, canter, hand-gallop, and show if they are 2-beat, 3-beat, or 4-beat.
- G. Explain what the rider's legs, hands, and seat do when making the horse stop, go, turn, transition up and down, back, and jump.
- H. Explain the safety check the rider goes through before mounting.
- I. Explain how horses are measured and the term used to describe the increments
- J. List all grooming tools needed to properly groom a horse.
- K. Explain basic stable management: stalling, feeding, and vet care.
- L. Describe the parts of the horse and equipment.
- M. Demonstrate and show discipline to a healthy lifestyle by passing all health fitness components which include steps and heart rate for fit bit, BMI assessment, and a two mile field test.

III. ASSOCIATED PROGRAMS

This course meets the general education program requirement.

IV. UNIVERSITY OUTCOMES

This course aligns with the following University Outcomes as indicated on the last page.

- 1. Personal Resilience
- 2. Intellectual Pursuit

V. TEXTBOOKS AND OTHER LEARNING RESOURCES

A. Required Materials

- 1. Textbooks  
None
- 2. Fitbit® wearable fitness HR PurePulse monitor **or** ORU Aerobic Activity Log booklet

B. Optional Materials

- 1. www.heavenlyhaloranch.com to access the study guide for the written exam
- 2. Other  
None

VI. POLICIES AND PROCEDURES

A. Department Policies and Procedures

- 1. Class Attendance
  - a. Student is expected to attend and participate in all class activities unless administratively excused. Only administrative excuses on the proper form are accepted. Excessive absences can reduce a student’s grade or deny credit for the course. **Illness and injuries are not considered excused absences.**

Unexcused Absences

Based on Days Each Week Class Meets During Semester			Letter Grade Reduced From Final Grade
1/Week	2/Week	3/Week	
1-2	1-4	1-6	0
3	5	7	1
4	6	8	2
5	7	9	3
6	8	10	Fail the Course

- b. Every two tardies are considered an unexcused absence. Arriving late to class causes disruption and demonstrates a lack of respect for the instructor and the University.
  - 2. Field Test Policy
    - a. Must be taken every semester in each enrolled activities class.
    - b. Must be administered by the student’s activities class instructor during the scheduled class time.

- c. Automatic failure for cheating on Field Test or assisting another to cheat.
  - 3. Fitbit®  
Heart Rate Zones must be set at:
    - 50 – 69% Fat Burn
    - 70 – 85% Cardio
    - >85% Peak

An inaccurate birthdate or Heart Rate Zone set below the previous listed zones will cause all Fitbit® data to be invalid and zero points will be received for both the Heart Rate and Steps.
  - 4. Class Attire
    - a. Students enrolled in this class must wear appropriate workout clothing, including socks and athletic shoes in proper condition.
    - b. Students not in proper class attire will not be allowed to participate and will counted as absent.
  - 5. Other Policy  
This course may only be taken twice for credit. If taken more than twice, this course will not count toward ORU/HPE activity requirements for graduation.
- B. Course Policies and Procedures
- 1. The BMI test must be completed before you can begin your riding lessons.
  - 2. Refer to D2L for course addendum regarding due date for Aerobic Points/Summary Sheet and BMI.
  - 3. Exam
    - b. Refer to D2L for course addendum regarding date for exam.
    - c. Required exam (TBA) at the Aerobic Center, room 137.
    - d. Makeup exam is to be taken at the HLSS Department. Professor Mankin's office #160, (918.495.7261, or nmankin@oru.edu) must be notified prior to make up exam being taken.
    - e. Makeup test date (TBA). It is the student's responsibility check for makeup date. A \$15.00 (cash only) late fee is required unless student presents an Administrative Excuse form that has been signed by authorized administration.
  - 4. **First Meeting**  
**Required meeting date is listed on Vision.** Meeting time at 7:00 p.m. in the Aerobic Center, HLSS Department, Room 137, for orientation and BMI. Otherwise, classes will meet at HHRH (stables).
  - 5. Attendance for Course and Stables
    - b. **Student is expected to attend the first instructional/orientation meeting at the Aerobic Center, #137 at 7:00pm (first Tuesday of semester).**
    - c. If class is cancelled there will be a message on the answering machine (918.899.4198). Put this phone number in your cell phone. Always call before holidays or excess rainy days to see if class will be in session. There is a covered area at the stables so class will be held on rainy and cold days unless stormy or snowing.

- d. Student is also expected to participate in all class activities unless administratively excused. Only administrative excuses on the proper form are accepted. Excessive absences can reduce a student's grade or deny credit for the course. **Illness and injuries are not considered excused absences.**
  - e. Student is expected to meet with Professor Mankin at the end of the semester to discuss evaluation and sign-off of their final grade.
  - f. Every two tardies are considered an unexcused absence. Arriving late to class causes disruption and demonstrates a lack of respect for the instructor and the University.
6. Course Attire
- a. Riding  
Students must dress according to the type of course and weather with jeans or riding breeches as required by the equestrian instructor. Some kind of boot is highly recommended, and helmets are available.
  - b. Field Testing  
During field testing students must wear appropriate workout clothing. Athletic shoes in safe condition and socks are also required.
  - c. Students not in proper class attire (riding or field testing) will not be allowed to participate and will counted as absent.
7. Payment Requirement  
Due to **Heavenly Halo Horse Ranch** or HHRH, main office on first lesson (\$250.00). HHRH is located at 10870 W 71<sup>st</sup> St. So., Sapulpa, Oklahoma 74066 (30-40 minutes, approximately 22 miles), academy's phone number 918.899.4198. No refunds can be made. Only cash, money order, or cashier's check, are accepted. Personal checks are not accepted.
8. Fitbit<sup>®</sup>  
Heart Rate Zones must be set at:  
50 – 69% Fat Burn  
70 – 85% Cardio  
>85% Peak  
An inaccurate birthdate or Heart Rate Zone set below the previous listed zones will cause all Fitbit<sup>®</sup> data to be invalid and zero points will be received for both the Heart Rate and Steps.
9. Course Evaluations
- a. Grading percentages:
    - (1) Health and Fitness (Choose one of the two options below)
      - (a) **Aerobic Points Option = 50%**

Aerobic Points	5%
(Aerobic points will be uploaded into the D2L dropbox every week using <b>only</b> the ORU Aerobic Activity Log.)	
Body Mass Index (BMI)	5%
Field Test	<u>40%</u>

(or)

(b) **Fitbit® Option = 50%**

Steps	10%
Heart Rate/Active Minutes	15%
BMI	5%
Field Test Participation	10%
Field Test	<u>10%</u>
(2) Class participation and skill test	30%
(3) Knowledge in activity—written exam	<u>20%</u>
Total	100%

b. Grading scale:

A = 90-100%

B = 80-89%

C = 70-79%

D = 60-69%

F = 59% and below

10. Whole Person Assessment Requirements

None

11. D2L

a. Students should go to D2L to check their information during the course of the semester.

b. Student’s final grade percentage will be visible in their Vision online site.

12. Incompletes

a. An Incomplete or Extension of an Incomplete is given only after the student establishes, with the instructor and the department chair with an online “Petition for Incomplete or Extension of Incomplete” form, that his or her work is incomplete for good cause (i.e., lengthy illness, death in the family). To receive an Incomplete Grade all supporting documentation must be submitted for approval at least one week prior to the last day before Final’s Week begins.

b. It is the student’s responsibility to meet with the instructor and complete (if approved) all course-required work by the following semester.

13. Health and Fitness Standard Charts

a. Aerobic points (average weekly amount for 13 weeks)

Level of Fitness	Points Toward Grade	Weekly Aerobic Points
Excellent	5	50+
Good	4	40-49
Average	3	30-39
Fair	2	20-29
Poor	1	10-19

b. Fitbit® STEPS and HEART RATE points

AVERAGE STEPS/DAY		AVERAGE ACTIVE MINUTES PER WEEK	
<u>STEPS/DAY</u>	<u>POINTS EARNED</u>	<u>HEART RATE ≥70% MHR</u>	<u>POINTS EARNED</u>
≥ 10,000	10	≥ 100	10
9,000 - 9,999	9	90 - 99	9
8,000 - 8,999	8	80 - 89	8
7,000 - 7,999	7	70 - 79	7
6,000 - 6,999	6	60 - 69	6
5,000 - 5,999	5	50 - 59	5
4,000 - 4,999	4	40 - 49	4
3,000 - 3,999	3	30 - 39	3
2,000 - 2,999	2	20 - 29	2
1,000 - 1,999	1	1 - 19	1
< 1,000	0	<b>FAT BURN</b> 50-69%	
		≥ 50	5
		40 - 49	4
		30 - 39	3
		20 - 29	2
		10 - 19	1
		< 10	0

c. Field Test Standards

**2-MILE RUN, 5-MILE CYCLE, & 800-METER SWIM FIELD TEST STANDARDS**

Level of CR Fitness	Points		Under 25		25 – 34		35 – 44		45 – 54		55 – 64	
			Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
<b>Superior</b>	<b>10</b>	<b>40</b>	<b>&lt;13:00</b>	<b>&lt;15:00</b>	<b>&lt;14:00</b>	<b>&lt;16:00</b>	<b>&lt;15:00</b>	<b>&lt;17:00</b>	<b>&lt;16:00</b>	<b>&lt;18:00</b>	<b>&lt;17:00</b>	<b>&lt;19:00</b>
<b>Excellent</b>	<b>9</b>	<b>39</b>	<b>13:00</b>	<b>15:00</b>	<b>14:00</b>	<b>16:00</b>	<b>15:00</b>	<b>17:00</b>	<b>16:00</b>	<b>18:00</b>	<b>17:00</b>	<b>19:00</b>
	<b>9</b>	<b>38</b>	<b>13:15</b>	<b>15:15</b>	<b>14:15</b>	<b>16:15</b>	<b>15:15</b>	<b>17:15</b>	<b>16:15</b>	<b>18:15</b>	<b>17:15</b>	<b>19:15</b>
	<b>9</b>	<b>37</b>	<b>13:30</b>	<b>15:30</b>	<b>14:30</b>	<b>16:30</b>	<b>15:30</b>	<b>17:30</b>	<b>16:30</b>	<b>18:30</b>	<b>17:30</b>	<b>19:30</b>
	<b>9</b>	<b>36</b>	<b>13:45</b>	<b>15:45</b>	<b>14:45</b>	<b>16:45</b>	<b>15:45</b>	<b>17:45</b>	<b>16:45</b>	<b>18:45</b>	<b>17:45</b>	<b>19:45</b>
	<b>8</b>	<b>35</b>	<b>14:00</b>	<b>16:00</b>	<b>15:00</b>	<b>17:00</b>	<b>16:00</b>	<b>18:00</b>	<b>17:00</b>	<b>19:00</b>	<b>18:00</b>	<b>20:00</b>
<b>Good</b>	<b>8</b>	<b>34</b>	<b>14:15</b>	<b>16:15</b>	<b>15:15</b>	<b>17:15</b>	<b>16:15</b>	<b>18:15</b>	<b>17:15</b>	<b>19:15</b>	<b>18:15</b>	<b>20:15</b>
	<b>8</b>	<b>33</b>	<b>14:30</b>	<b>16:30</b>	<b>15:30</b>	<b>17:30</b>	<b>16:30</b>	<b>18:30</b>	<b>17:30</b>	<b>19:30</b>	<b>18:30</b>	<b>20:30</b>
	<b>8</b>	<b>32</b>	<b>14:45</b>	<b>16:45</b>	<b>15:45</b>	<b>17:45</b>	<b>16:45</b>	<b>18:45</b>	<b>17:45</b>	<b>19:45</b>	<b>18:45</b>	<b>20:45</b>
	<b>7</b>	<b>31</b>	<b>15:00</b>	<b>17:00</b>	<b>16:00</b>	<b>18:00</b>	<b>17:00</b>	<b>19:00</b>	<b>18:00</b>	<b>20:00</b>	<b>19:00</b>	<b>21:00</b>
	<b>7</b>	<b>30</b>	<b>15:15</b>	<b>17:15</b>	<b>16:15</b>	<b>18:15</b>	<b>17:15</b>	<b>19:15</b>	<b>18:15</b>	<b>20:15</b>	<b>19:15</b>	<b>21:15</b>
	<b>7</b>	<b>29</b>	<b>15:30</b>	<b>17:30</b>	<b>16:30</b>	<b>18:30</b>	<b>17:30</b>	<b>19:30</b>	<b>18:30</b>	<b>20:30</b>	<b>19:30</b>	<b>21:30</b>
	<b>7</b>	<b>28</b>	<b>15:45</b>	<b>17:45</b>	<b>16:45</b>	<b>18:45</b>	<b>17:45</b>	<b>19:45</b>	<b>18:45</b>	<b>20:45</b>	<b>19:45</b>	<b>21:45</b>
	<b>6</b>	<b>27</b>	<b>16:00</b>	<b>18:00</b>	<b>17:00</b>	<b>19:00</b>	<b>18:00</b>	<b>20:00</b>	<b>19:00</b>	<b>21:00</b>	<b>20:00</b>	<b>22:00</b>
<b>Fair</b>	<b>6</b>	<b>26</b>	<b>16:15</b>	<b>18:15</b>	<b>17:15</b>	<b>19:15</b>	<b>18:15</b>	<b>20:15</b>	<b>19:15</b>	<b>21:15</b>	<b>20:15</b>	<b>22:15</b>
	<b>6</b>	<b>25</b>	<b>16:30</b>	<b>18:30</b>	<b>17:30</b>	<b>19:30</b>	<b>18:30</b>	<b>20:30</b>	<b>19:30</b>	<b>21:30</b>	<b>20:30</b>	<b>22:30</b>
	<b>6</b>	<b>24</b>	<b>16:45</b>	<b>18:45</b>	<b>17:45</b>	<b>19:45</b>	<b>18:45</b>	<b>20:45</b>	<b>19:45</b>	<b>21:45</b>	<b>20:45</b>	<b>22:45</b>
	<b>5</b>	<b>23</b>	<b>17:00</b>	<b>19:00</b>	<b>18:00</b>	<b>20:00</b>	<b>19:00</b>	<b>21:00</b>	<b>20:00</b>	<b>22:00</b>	<b>21:00</b>	<b>23:00</b>
	<b>5</b>	<b>22</b>	<b>17:15</b>	<b>19:15</b>	<b>18:15</b>	<b>20:15</b>	<b>19:15</b>	<b>21:15</b>	<b>20:15</b>	<b>22:15</b>	<b>21:15</b>	<b>23:15</b>
	<b>5</b>	<b>21</b>	<b>17:30</b>	<b>19:30</b>	<b>18:30</b>	<b>20:30</b>	<b>19:30</b>	<b>21:30</b>	<b>20:30</b>	<b>22:30</b>	<b>21:30</b>	<b>23:30</b>
	<b>5</b>	<b>20</b>	<b>17:45</b>	<b>19:45</b>	<b>18:45</b>	<b>20:45</b>	<b>19:45</b>	<b>21:45</b>	<b>20:45</b>	<b>22:45</b>	<b>21:45</b>	<b>23:45</b>
	<b>4</b>	<b>19</b>	<b>18:00</b>	<b>20:00</b>	<b>19:00</b>	<b>21:00</b>	<b>20:00</b>	<b>22:00</b>	<b>21:00</b>	<b>23:00</b>	<b>22:00</b>	<b>24:00</b>
	<b>Poor</b>	<b>4</b>	<b>18</b>	<b>18:15</b>	<b>20:15</b>	<b>19:15</b>	<b>21:15</b>	<b>20:15</b>	<b>22:15</b>	<b>21:15</b>	<b>23:15</b>	<b>22:15</b>
<b>4</b>		<b>17</b>	<b>18:30</b>	<b>20:30</b>	<b>19:30</b>	<b>21:30</b>	<b>20:30</b>	<b>22:30</b>	<b>21:30</b>	<b>23:30</b>	<b>22:30</b>	<b>24:30</b>
<b>4</b>		<b>16</b>	<b>18:45</b>	<b>20:45</b>	<b>19:45</b>	<b>21:45</b>	<b>20:45</b>	<b>22:45</b>	<b>21:45</b>	<b>23:45</b>	<b>22:45</b>	<b>24:45</b>
<b>3</b>		<b>15</b>	<b>19:00</b>	<b>21:00</b>	<b>20:00</b>	<b>22:00</b>	<b>21:00</b>	<b>23:00</b>	<b>22:00</b>	<b>24:00</b>	<b>23:00</b>	<b>25:00</b>
<b>3</b>		<b>14</b>	<b>19:15</b>	<b>21:15</b>	<b>20:15</b>	<b>22:15</b>	<b>21:15</b>	<b>23:15</b>	<b>22:15</b>	<b>24:15</b>	<b>23:15</b>	<b>25:15</b>
<b>3</b>		<b>13</b>	<b>19:30</b>	<b>21:30</b>	<b>20:30</b>	<b>22:30</b>	<b>21:30</b>	<b>23:30</b>	<b>22:30</b>	<b>24:30</b>	<b>23:30</b>	<b>25:30</b>
<b>3</b>		<b>12</b>	<b>19:45</b>	<b>21:45</b>	<b>20:45</b>	<b>22:45</b>	<b>21:45</b>	<b>23:45</b>	<b>22:45</b>	<b>24:45</b>	<b>23:45</b>	<b>25:45</b>
<b>2</b>		<b>11</b>	<b>20:00</b>	<b>22:00</b>	<b>21:00</b>	<b>23:00</b>	<b>22:00</b>	<b>24:00</b>	<b>23:00</b>	<b>25:00</b>	<b>24:00</b>	<b>26:00</b>
<b>Very Poor</b>	<b>2</b>	<b>10</b>	<b>20:15</b>	<b>22:15</b>	<b>21:15</b>	<b>23:15</b>	<b>22:15</b>	<b>24:15</b>	<b>23:15</b>	<b>25:15</b>	<b>24:15</b>	<b>26:15</b>
	<b>2</b>	<b>9</b>	<b>20:30</b>	<b>22:30</b>	<b>21:30</b>	<b>23:30</b>	<b>22:30</b>	<b>24:30</b>	<b>23:30</b>	<b>25:30</b>	<b>24:30</b>	<b>26:30</b>
	<b>2</b>	<b>8</b>	<b>20:45</b>	<b>22:45</b>	<b>21:45</b>	<b>23:45</b>	<b>22:45</b>	<b>24:45</b>	<b>23:45</b>	<b>25:45</b>	<b>24:45</b>	<b>26:45</b>
	<b>1</b>	<b>7</b>	<b>21:00</b>	<b>23:00</b>	<b>22:00</b>	<b>24:00</b>	<b>23:00</b>	<b>25:00</b>	<b>24:00</b>	<b>26:00</b>	<b>25:00</b>	<b>27:00</b>
	<b>1</b>	<b>6</b>	<b>21:15</b>	<b>23:15</b>	<b>22:15</b>	<b>24:15</b>	<b>23:15</b>	<b>25:15</b>	<b>24:15</b>	<b>26:15</b>	<b>25:15</b>	<b>27:15</b>
	<b>1</b>	<b>5</b>	<b>21:30</b>	<b>23:30</b>	<b>22:30</b>	<b>24:30</b>	<b>23:30</b>	<b>25:30</b>	<b>24:30</b>	<b>26:30</b>	<b>25:30</b>	<b>27:30</b>
	<b>1</b>	<b>4</b>	<b>21:45</b>	<b>23:45</b>	<b>22:45</b>	<b>24:45</b>	<b>23:45</b>	<b>25:45</b>	<b>24:45</b>	<b>26:45</b>	<b>25:45</b>	<b>27:45</b>
	<b>0</b>	<b>3</b>	<b>22:00</b>	<b>24:00</b>	<b>23:00</b>	<b>25:00</b>	<b>24:00</b>	<b>26:00</b>	<b>25:00</b>	<b>27:00</b>	<b>26:00</b>	<b>28:00</b>
	<b>0</b>	<b>2</b>	<b>22:15</b>	<b>24:15</b>	<b>23:15</b>	<b>25:15</b>	<b>24:15</b>	<b>26:15</b>	<b>25:15</b>	<b>27:15</b>	<b>26:15</b>	<b>28:15</b>
	<b>0</b>	<b>1</b>	<b>22:30</b>	<b>24:30</b>	<b>23:30</b>	<b>25:30</b>	<b>24:30</b>	<b>26:30</b>	<b>25:30</b>	<b>27:30</b>	<b>26:30</b>	<b>28:30</b>
	<b>0</b>	<b>0</b>	<b>&gt;22:30</b>	<b>&gt;24:30</b>	<b>&gt;23:30</b>	<b>&gt;25:30</b>	<b>&gt;24:30</b>	<b>&gt;26:30</b>	<b>&gt;25:30</b>	<b>&gt;27:30</b>	<b>&gt;26:30</b>	<b>&gt;28:30</b>

**2-MILE WALKING FIELD TEST STANDARDS**

Level of CR Fitness	Points		Under 25		25 – 34		35 – 44		45 – 54		55 – 64	
			Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
<b>Superior</b>	<b>10</b>	<b>40</b>	<22:00	<23:00	<23:00	<24:00	<24:00	<25:00	<25:30	<26:30	<27:00	<28:00
<b>Excellent</b>	9	39	22:00	23:00	23:00	24:00	24:00	25:00	25:30	26:30	27:00	28:00
	9	38	22:15	23:15	23:15	24:15	24:15	25:15	25:45	26:45	27:15	28:15
	9	37	22:30	23:30	23:30	24:30	24:30	25:30	26:00	27:00	27:30	28:30
	9	36	22:45	23:45	23:45	24:45	24:45	25:45	26:15	27:15	27:45	28:45
	8	35	23:00	24:00	24:00	25:00	25:00	26:00	26:30	27:30	28:00	29:00
<b>Good</b>	8	34	23:15	24:15	24:15	25:15	25:15	26:15	26:45	27:45	28:15	29:15
	8	33	23:30	24:30	24:30	25:30	25:30	26:30	27:00	28:00	28:30	29:30
	8	32	23:45	24:45	24:45	25:45	25:45	26:45	27:15	28:15	28:45	29:45
	7	31	24:00	25:00	25:00	26:00	26:00	27:00	27:30	28:30	29:00	30:00
	7	30	24:15	25:15	25:15	26:15	26:15	27:15	27:45	28:45	29:15	30:15
	7	29	24:30	25:30	25:30	26:30	26:30	27:30	28:00	29:00	29:30	30:30
	7	28	24:45	25:45	25:45	26:45	26:45	27:45	28:15	29:15	29:45	30:45
	6	27	25:00	26:00	26:00	27:00	27:00	28:00	28:30	29:30	30:00	31:00
<b>Fair</b>	6	26	25:15	26:15	26:15	27:15	27:15	28:15	28:45	29:45	30:15	31:15
	6	25	25:30	26:30	26:30	27:30	27:30	28:30	29:00	30:00	30:30	31:30
	6	24	25:45	26:45	26:45	27:45	27:45	28:45	29:15	30:15	30:45	31:45
	5	23	26:00	27:00	27:00	28:00	28:00	29:00	29:30	30:30	31:00	32:00
	5	22	26:15	27:15	27:15	28:15	28:15	29:15	29:45	30:45	31:15	32:15
	5	21	26:30	27:30	27:30	28:30	28:30	29:30	30:00	31:00	31:30	32:30
	5	20	26:45	27:45	27:45	28:45	28:45	29:45	30:15	31:15	31:45	32:45
	<b>Poor</b>	4	19	27:00	28:00	28:00	29:00	29:00	30:00	30:30	31:30	32:00
4		18	27:15	28:15	28:15	29:15	29:15	30:15	30:45	31:45	32:15	33:15
4		17	27:30	28:30	28:30	29:30	29:30	30:30	31:00	32:00	32:30	33:30
4		16	27:45	28:45	28:45	29:45	29:45	30:45	31:15	32:15	32:45	33:45
3		15	28:00	29:00	29:00	30:00	30:00	31:00	31:30	32:30	33:00	34:00
3		14	28:15	29:15	29:15	30:15	30:15	31:15	31:45	32:45	33:15	34:15
3		13	28:30	29:30	29:30	30:30	30:30	31:30	32:00	33:00	33:30	34:30
3		12	28:45	29:45	29:45	30:45	30:45	31:45	32:15	33:15	33:45	34:45
2		11	29:00	30:00	30:00	31:00	31:00	32:00	32:30	33:30	34:00	35:00
<b>Very Poor</b>	2	10	29:15	30:15	30:15	31:15	31:15	32:15	32:45	33:45	34:15	35:15
	2	9	29:30	30:30	30:30	31:30	31:30	32:30	33:00	34:00	34:30	35:30
	2	8	29:45	30:45	30:45	31:45	31:45	32:45	33:15	34:15	34:45	35:45
	1	7	30:00	31:00	31:00	32:00	32:00	33:00	33:30	34:30	35:00	36:00
	1	6	30:15	31:15	31:15	32:15	32:15	33:15	33:45	34:45	35:15	36:15
	1	5	30:30	31:30	31:30	32:30	32:30	33:30	34:00	35:00	35:30	36:30
	1	4	30:45	31:45	31:45	32:45	32:45	33:45	34:15	35:15	35:45	36:45
	0	3	31:00	32:00	32:00	33:00	33:00	34:00	34:30	35:30	36:00	37:00
	0	2	31:15	32:15	32:15	33:15	33:15	34:15	34:45	35:45	36:15	37:15
	0	1	31:30	32:30	32:30	33:30	33:30	34:30	35:00	36:00	36:30	37:30
	0	0	>31:30	>32:30	>32:30	>33:30	>33:30	>34:30	>35:00	>36:00	>36:30	>37:30



## VII. COURSE CALENDAR

<b>Week</b>	<b>Topic/Activity</b>
1	Introduction/syllabus and required BMI. Meeting in classroom at Aerobic Center, Room 137, Tuesday at 7:00pm (date listed on Vision)
2	Lesson #1 starting at stables (Lab fee of \$250.00 must be paid by first lesson). Practice of instructions Instruction on safety, grooming, tacking, mounting, stopping, and turning
3	Two-point/three-point positions Discuss aids, half-turns, and circles
4	Discussion on parts of horse, tack, stable, and management. Written exam on campus ( <b>HLSS Department/Aerobic Center</b> )
5	Cavelettes, working trot, and medium trot
6	Serpentines and reinforcing above
7	<b>FIELD TEST (On campus, location TBA)</b> <b>Aerobic Points due for weeks 1-7 (weekly pages only)</b> Late fee of \$15.00 will be charged if student does not participate on field testing date.
8	Rein aids and trotting without stirrups Half-halts, balancing, and bending
- -	<b>SPRING BREAK</b>
9	Cantering
10-12	Basic jumping and practice of riding skills
13	<b>*Aerobics Points due for weeks 8-13 (weekly pages AND final summary sheet).</b> <b>Each student must make sure they have gone into D2L to see if all required information has been recorded and uploaded. Can meet with Professor Mankin during her office hours (posted on her office door, A.Ctr./HLSS #160).</b> <b>Late requirements, not accepted.</b>

**Course Inventory for ORU's Student Learning Outcomes**  
**HPE 046—Equestrian and Fitness**  
**Spring 2022**

This course contributes to the ORU student learning outcomes as indicated below:

**Significant Contribution** – Addresses the outcome directly and includes targeted assessment.

**Moderate Contribution** – Addresses the outcome directly or indirectly and includes some assessment.

**Minimal Contribution** – Addresses the outcome indirectly and includes little or no assessment.

OUTCOMES	Significant Contribution	Moderate Contribution	Minimal Contribution
<b>Spiritual Integrity</b>			
HPE 046 – Text of Outcome A	<b>X</b>		
Super Academic Major Program – Text of Outcome 1: Encourage students to ...	<b>X</b>		
<b>Personal Resilience</b>			
HPE 046 – M			
Demonstrate and show discipline to a healthy lifestyle by passing all health fitness components which include steps and heart rate for fit bit, BMI assessment, and a two mile field test.	<b>X</b>		
<b>Intellectual Pursuit</b>			
HPE 046 – A-L			
<ul style="list-style-type: none"> <li>A. Describe the type of seat riding used in this course.</li> <li>B. Describe the basic position of the hands, legs, and seat in Huntseat and basic western equitation.</li> <li>C. Describe how the rider changes position at different gaits.</li> <li>D. Explain the five aids the rider has to use on a horse (hands, legs, seat, etc.).</li> <li>E. Explain the rein aids the rider has to use on a horse (indirect, direct, pulley, etc.).</li> <li>F. Define walk, trot, canter, hand-gallop, and show if they are 2-beat, 3-beat, or 4-beat.</li> <li>G. Explain what the rider's legs, hands, and seat do when making the horse stop, go, turn, transition up and down, back, and jump.</li> <li>H. Explain the safety check the rider goes through before mounting.</li> <li>I. Explain how horses are measured and the term used to describe the increments</li> <li>J. List all grooming tools needed to properly groom a horse.</li> <li>K. Explain basic stable management: stalling, feeding, and vet care.</li> <li>L. Describe the parts of the horse and equipment.</li> </ul>	<b>X</b>		
<b>Global Engagement</b>			
<b>Bold Vision</b>			

(Revised 8/13/21)

